

Washington State

Employee Assistance Program

Your **Confidential** Resource for Personal and Workplace Issues

Are you...

stressing out?

drinking too much?

feeling depressed?

having problems with your boss?

abusing drugs?

having problems with your marriage?

feeling disoriented from too many changes?

We can help

Toll free | 1.877.313.4455

Olympia | 360.753.3260

Seattle | 206.281.6315

Spokane | 509.482.3686

Online | www.dop.wa.gov/eap



HR

WSD Personnel

Washington State

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